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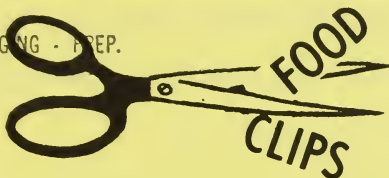
Food and Home Notes

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CATALOG - PREP.



Did you know that about 15 percent of the milk production in the United States is used in making cheese?

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Blue cheese or roquefort? Bleu (or Fromage Bleu) is the French name for a group of Roquefort-type (blue-veined) cheese made in the Roquefort area in southeastern France from milk other than ewe's milk. Blue, blue-mold, or blue veined cheese is the name for cheese of the Roquefort type that is made in the United States or Canada.

* * *

Young whole chickens can be roasted at 400° instead of 325°—the temperature generally recommended for whole poultry. A meat thermometer can be used to help determine doneness for turkeys, but this is more difficult for use on whole chickens because their muscles are too small to hold thermometers in place, according to USDA home economists.

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Watching calories? You can skim the fat from the chicken broth more easily if the broth is first chilled enough to solidify the fat.

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Further—if you're calorie watching—substitute water in place of evaporated milk in your recipes (if applicable). You may substitute 1/2 cup pimiento in place of olives—it saves those calories.

ASK BY NAME

— For the Primal Cuts

An end to the confusion on the name of your chuck roast (or any other) may be in the offing according to a report by the U.S. Department of Agriculture's Economic Research Service concerning the primal cuts of beef. Now "chuck roast" can be known as a California pot roast, an arm pot roast, or 40 other different names at the retail meat counter.

ERS reported on a one year survey of advertisements by 10 major retail food chains in 8 cities around the country—nearly 1,000 newspaper ads were studied. Of these, 212 different names were listed for steaks, 151 for roasts, and 94 for other fresh beef items such as brisket.

Beef items studied originated from eight primal cuts: chuck, rib, short loin, round, sirloin, brisket, short plate, and flank. The National Livestock and Meat Board has been in favor of voluntary use of standardized names on all meat labels for some time. Two states, New York and Massachusetts, already have enacted legislation to avoid this labeling confusion.

Learn to recognize the primal cuts—instead of the fanciful names which suggest that the meat may be a cut or two above what it actually is.



...learning to evaluate a food's nutritive worth*



...from little seeds the 4th graders grow lettuce, radishes and mustard greens and learn about seeding, weeding, cultivating and stick-to-itiveness*

Fourth graders have vivid imaginations sometimes—and they are creative in many ways according to Faith Crough, a graduate student in the department of nutrition, University of Michigan at Ann Arbor, whose graduate teaching included stimulating the fourth graders in the area of nutritional studies. No ordinary program was offered by Mrs. Crough. Her students participated in growing beans, feeding rats, tasting new foods, milling wheat, making cheese and ice cream—and identifying vegetables and making salads—all in the interest of nutritional education.

Some of the fourth graders were taught about the needs of growing organisms by planting beans. The beans sprouted and they were studied, then eaten. In another class, the young pupils learned how to make butter by filling a jar about a quarter full of whipping cream and then passing the jar around for shaking. The fat separated forming butter and buttermilk—and another "learning-by-doing" project was remembered.

Rats were obtained from a local laboratory and fed two different diets, then compared to see which rats had achieved the most growth. The rats fed a well-balanced diet grew nicely; the others given carbonated beverages instead of milk, had no fruits or vegetables, and did poorly. The fourth graders were enthused about the experiment and vitally interested in the results.

While Mrs. Crough taught the young pupils, the regular teachers all helped with the projects. Many of the ideas she used in the classroom could be adapted for other teaching situations. The projects met with such enthusiastic response, Mrs. Crough's curriculum ideas are being shared with other teachers throughout the county. Mrs. Crough's student teaching is part of the expanded nutrition program for teaching youngsters at Clinton School Washtenaw County, Michigan. The Expanded Food and Nutrition Education Program is a federal program designed to teach low-income families and youth how to raise their nutritional level.

Extension Service, the educational arm of the U.S. Department of Agriculture, provides direction towards the various county programs used by the Extension Home Economists around the country—sharing ideas from the various counties provides a cross-section of creativity and information within the educational system.



...making butter demands active participation—especially lots of shaking*



...teacher's around to help the student add up his calorie intake for one day*

FOOD DATING AND YOU, THE CONSUMER

*Shoppers' Reactions

*Impact on Retail Foodstores

Open or uncoded dating for food products is still new. It has, however, already reduced by 50 percent the incidence of shoppers' complaints about buying spoiled or stale foods according to USDA's current report on Food Dating. Store losses, in terms of dollar values and packages requiring rehandling, also generally dropped, after "open dates" were used. Nearly 13,000 shoppers and an in-store collection of data on product losses (before and after the introduction of open dating) were used for this survey.

Open dating of food products, especially perishable and semiperishable items, is currently receiving a great deal of attention. More than 75 pieces of legislation requiring the open dating of food items have been introduced or are currently pending at local, State, and Federal levels. More than 60 retail food chains (some 15,000 foodstores nationwide) have introduced voluntary open-dating systems on some of their perishable and semiperishable products.

An eight week experimental open-dating program was held in selected Ohio retail chainstores to see how customers were satisfied with foods purchased. The frequency with which shoppers reported instances of purchasing "bad" food was reduced by half after open (uncoded) dates and improved handling practices also reduced in-store product losses.

The information concerning Food Dating was developed as a marketing research report by the U.S. Department of Agriculture's Statistic Reporting Service staff, ERS and the Consumer Research Institute, printed January 1973.

COMMENTS & INQUIRIES TO:

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